



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Studio 3	
09:30 - 10:15	Body Pump	Scs	Studio 1	
10:00 - 11:00	Pilates	Hol	Studio 2	
10:15 - 11:00	Aerobics	Hec	Studio 1	
11:00 - 11:45	Power Plate Taster	Otc	Gym	
11:00 - 11:45	Zumba	Dan	Studio 1	
14:00 - 15:00	Hatha Yoga	Hol	Studio 2	
16:45 - 17:30	Functional Conditioning	Scs	Studio 1	
17:30 - 18:15	Zumba	Dan	Studio 2	
17:30 - 18:30	Circuits	Hec	Studio 1	
18:15 - 19:15	Yoga	Hol	Studio 2	
18:30 - 19:15	Aqua	Scs	Main Pool	
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:30	Body Pump	Scs	Studio 1	
19:00 - 20:00	Lose & Shape Up	Otc	Meeting Rm	£
19:30 - 20:00	Stretch & Tone	Scs	Gym	
19:30 - 20:15	Group Cycling	Hec	Studio 3	
20:05 - 20:35	Group Exercise Welcome	Otc	Club Rm	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Circuits	Hec	Studio 1	
07:45 - 08:00	Abs & Back	Scs	Studio 1	
09:30 - 10:15	Body Attack Express	Hec	Studio 1	
10:15 - 11:00	Group Cycling	Hec	Studio 3	
10:15 - 11:15	Body Conditioning	Scs	Studio 1	
11:15 - 12:00	Aqua	Scs	Main Pool	
11:15 - 12:00	Mother & Baby	Otc	Studio 1	
12:00 - 13:00	Lose & Shape Up	Otc	Meeting Rm	£
13:00 - 13:30	Group Exercise Welcome	Otc	Club Rm	
13:00 - 13:45	Body Conditioning	Scs	Studio 1	
17:00 - 17:45	Zumba	Dan	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Studio 3	
17:30 - 18:30	Pilates	Hol	Studio 2	
17:45 - 18:30	Dance Fit	Otc	Studio 1	
18:30 - 19:15	Legs, Bums and Tums	Scs	Studio 1	
18:30 - 19:30	Yoga	Hol	Studio 2	
18:35 - 19:30	Group Cycling	Hec	Studio 3	
19:20 - 20:20	Circuits	Hec	Studio 1	
19:30 - 20:15	Lose & Shape Up Seminar	Otc	Club Rm - Part A	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 07:45	Group Cycling	Hec	Studio 3	
07:45 - 08:00	Abs & Back	Scs	Studio 1	
09:15 - 09:30	Abs & Back	Scs	Studio 1	
09:30 - 10:15	Group Cycling	Hec	Studio 3	
09:30 - 10:15	Zumba	Dan	Studio 1	
10:15 - 11:00	VIPR Taster	Otc	Gym	
10:20 - 11:05	Functional Conditioning	Scs	Studio 1	
11:10 - 11:55	Core Stability	Scs	Studio 1	
12:00 - 12:45	Lose & Shape Up Seminar	Otc	Club Rm - Part A	
13:15 - 14:00	Stretch & Tone	Scs	Studio 1	
14:00 - 15:00	Pilates	Hol	Studio 2	
14:15 - 15:00	Aqua	Scs	Main Pool	
17:30 - 18:30	Body Attack	Hec	Studio 1	
17:30 - 18:30	Yoga	Hol	Studio 2	
18:00 - 18:45	VIPR Taster	Otc	Gym	
18:30 - 19:00	Running Club	Otc		
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:30	Body Pump	Scs	Studio 1	
18:45 - 19:30	Family JUKARI Fit to Flex	Scs		
19:00 - 20:00	Lose & Shape Up	Otc	Meeting Rm	£
20:15 - 21:00	Triathlon Swim	Otc	Ind Pool	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:00 - 08:00	Body Pump	Scs	Studio 1	
09:30 - 10:30	Body Pump	Scs	Studio 1	
10:30 - 11:15	Group Cycling	Hec	Studio 3	
10:30 - 11:30	Yoga	Hol	Studio 2	
11:15 - 12:00	Body Conditioning	Scs	Studio 1	
12:00 - 13:00	Lose & Shape Up	Otc	Meeting Rm	£
12:00 - 13:00	Tai Chi	Hol	Studio 2	
12:15 - 13:00	Aqua	Scs	Main Pool	
17:30 - 18:30	Body Attack	Hec	Studio 1	
17:30 - 18:30	Pilates	Hol	Studio 2	
18:00 - 18:45	Power Plate Taster	Otc	Gym	
18:00 - 19:00	Triathlon Class	Otc	Gym Area 1	
18:30 - 19:15	Group Cycling	Hec	Studio 3	
18:30 - 19:30	Boxercise	Hec	Studio 1	
19:30 - 20:30	Circuits	Hec	Studio 1	
20:30 - 21:15	Zumba	Dan	Studio 2	

KEY

£ Additional fee for this class
 A Advanced class, experience required
 S Designed for senior members

C Class is part of a course
 * Adult class coincides with children's activity

